

## ABSTRACT OF THE DISCLOSURE

In accordance with the present invention, an improved method is provided for synchronizing a pulse stream with a data stream in an optical communications system. The improved method includes: generating an optical data signal for transmission through the optical communication system, where the data stream exhibits a duty cycle less than fifty percent and the optical data signal is formed from the pulse stream and the data stream; detecting an optical power level associated with the optical data signal; and synchronizing the pulse stream with the data stream based on the optical power level associated with the optical data signal. Specifically, the pulse stream is temporally aligned with the data stream when the average power of the optical data signal is maximized.